

**Overview:**

The content has been designed to allow learners to study Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject.

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry

A Level Year 1**Physical Education****Term 1**

Paper 1- You will study the anatomy and physiology of the heart, Muscles and Skeletal system and how they respond to Physical Activity.

Paper 2- Introduction to skill acquisition and how we learn new skills and how best to coach beginners and elite performers.

Paper 3- We will study how the characteristics of sport and how people participate in sport has changed from 1750 up to the current day.

Assessment- End of topic written exams

Term 3

Paper 1- You will Study the effects of nutrition and ergogenic aids and they impact they have on sports performance. You will also look at sports injuries and how to treat these.

Paper 2- Introduction to memory models and how they relate to learning and performing physical activity skills.

Paper3 - We will begin to prepare for your oral assessment aspect of the course. You will be asked to watch a video from your sport then provide a 25 minute commentary analysing the strengths and weaknesses of the performance you have seen before providing a detailed action plan to address the major weakness that you have identified from the performance.

Assessment- End of topic written exams and practice oral interview assessment.

Term 2

Paper 1- You will study the anatomy and physiology of the Respiratory system and how it responds to Physical activity. It will also cover the basics of biomechanics including Newton's Laws and free body diagrams.

Paper 2- Look more in-depth into strategies to give guidance and feedback to performers.

Paper 3—We will study how the modern Olympic games came to be what they are today and the arguments for and against hosting global sporting events such as the Olympics, Wold Cup and various world championships.

Assessment- End of topic written exams

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A Level Year 2**Physical Education****Term 1**

Paper 1- You will study the a range of training methods required to prepare the body for peak sporting performance. You will also look at the energy systems used during sports performance.

Paper 2- You will study the individual differences that can affect a performers performance in teaching and learning new skills.

Paper 3- Ethics and deviance in sport. Drugs and doping and violence. What causes these issues and how are they prevented. Commercialisation and the media. Is this a good or bad thing?

Assessment- End of topic written exams

Exam board assessment- Oral interview

Term 3

Paper 1- Exam technique and Revision

Paper 2- Understand confidence, leadership and ways to manage stress in order to optimise performance.

Paper3- How does someone reach excellence in the UK? What is the pathway to an elite performance?

Exam board Assessment

Paper 1- 2hr written exam

Paper 2- 1hr written exam

Paper 3- 1hr written exam

Term 2

Paper 1- You will study how the body recovers from exercise and the environmental factors that impact sports performance. You will also continue your study of biomechanics looking at linear, angular and projectile motion along with fluid mechanics.

Paper 2- You will study group dynamics, goal setting and attribution, understanding how to avoid barriers of sport performance, optimising sports performance.

Paper 3- Modern technology in sport, it's impact ion elite performance, participation, fair outcomes and entertainment.

Assessment- End of topic written exams

Exam board assessment– Practical video